



U.S. DEPARTMENT OF AGRICULTURE

**WIC BREASTFEEDING SUPPORT**

LEARN TOGETHER GROW TOGETHER

**Title of Meeting:** Breastfeeding Advisory Committee

Meeting Attendance by region:					
Meeting Date:		Kansas City Metro		South Central	Wichita Metro
Dec. 16, 2020 10:00-11:30 AM CST		Jody Hammerschmidt	X	Beverly Frizell	X Alice Jantzen (&/or Amber Jackson)
Meeting Location:		Northeast		Southeast	Denise Meriowski
Zoom - <a href="https://zoom.us/j/96986319484?pwd=M000T3pSRVVrdDJ1NUkvd3dOM2pmZz09">https://zoom.us/j/96986319484?pwd=M000T3pSRVVrdDJ1NUkvd3dOM2pmZz09</a>	X	Cathy Jones		VACANT	State Agency
		North Central/Northwest		Southwest	X Emily Brinkman
	X	Erika Hodgins	X	Jessica Goodman	X Casey Florea
	X	Mona Hargrave			
Meeting Agenda:					
Topic	Discussion				Action(s)
Welcome and introductions/Sharing	Introducing Casey Florea, SA Breastfeeding Peer Counselor Program Coordinator! <a href="mailto:Cassandra.florea@ks.gov">Cassandra.florea@ks.gov</a> Introductions: Name, role, where you work, and what's your favorite part about working with breastfeeding moms and babies?				
Expectations for future meetings	What are your hopes for this committee? What do YOU want to talk about/work on together? <ul style="list-style-type: none"> <li>- Ways/suggestions for improvement – how to best perform job duties to help clients</li> <li>- How to be a voice for the moms – what concerns are they having?</li> <li>- How do we implement the ideas/requirements from SA out in the “field” – especially small communities</li> <li>- Supporting BFPC to empower them to do their job well</li> <li>- More handouts – especially more inclusive of different languages and cultures – Jessica probably could help with some translation help; maybe LLL would have resources in other languages that we can look at?</li> </ul>				<p><b>Emily will take these expectations into consideration as she develops future agendas – and encourages each member to send any agenda items they would like to discuss ahead of time.</b></p> <p><b>Emily will look at LLL for resources in other languages that we could promote and share. If we have materials that we want to be in other languages besides English and Spanish, will send to Jessica to see if she has any sources that could help with translation.</b></p>

<p>Breastfeeding Education Materials</p>	<p><b>NEW</b> – BFPC Sample Texts (English and Spanish) – released to BFPCs last earlier this month. Can also be used by LA’s without a BFPC program!</p> <p>Breastfeeding Support List – resource shared by Danica in Johnson County on the KSAND listserv (in response to a question asking for foods/meals/recipes to increase lactation).</p> <ul style="list-style-type: none"> <li>- We all liked these resources and Emily will work on draft to make relevant to all of Kansas – will send to BAC for additions/revisions</li> </ul> <p>SA still plans to update all BF documents that have the purple and pink look to the updated look and will also review existing materials for up to date information. First resources to be revised:</p> <ul style="list-style-type: none"> <li>- Increasing Your Milk Supply – remove statement about galactagogues</li> <li>- Mother/Baby log – were they specific things this group wanted revised on this one? <ul style="list-style-type: none"> <li>o Mainly just needs an updated look</li> <li>o A lot of writing (in small font) – needs some help with layout and graphic design</li> <li>o Daily information more important than log for space</li> <li>o The tool itself is good</li> <li>o Day 8 – needs galactagogues removed</li> <li>o Dirty diapers – maybe a graphic instead of words</li> <li>o Instead of times BF, maybe just a tally mark</li> <li>o Add a list of resources (keep in mind that links go out of date, so try to keep to just words – maybe add resources to our website and just have that as a link – or add to the list of resources from Jo Co that we’re thinking of updating for statewide use) <ul style="list-style-type: none"> <li>▪ Add suggested BF apps that moms could use for tracking</li> <li>▪ Global Health Media</li> <li>▪ A reminder that WIC staff (and BFPC if available) are there as a resource – “Nothing can replace in person support!”</li> </ul> </li> </ul> </li> </ul>	<p>If there are ever any ideas for new texts or revisions to texts, send to Casey.</p> <p>Emily will reach out to Danica to see if the resource list can be revised to become a statewide resource. If so, will draft revisions and send to the group.</p> <p>Emily will start working with KDHE Graphic Designer to update look of materials while revising content to be up to date. Will try to have updates to content started before next meeting and will send out for discussion.</p>
<p>BF Promotion on Social Media (KDHE)</p>	<p>Emily and Casey developing sample posts that will be shared via KDHE Facebook and Instagram pages. Encourage Local Agencies to follow page and share from their own social media accounts. Eventual goal would be to have posts developed ahead of time that can be shared as a “Social Media Toolkit”. Encourage to use #kswic for posts that you make and share...helps track how many posts about WIC are being made.</p> <ul style="list-style-type: none"> <li>- In Riley County, they are using a “Group” within the Riley Co Health Dept’s page – Cathy would love some posts that she can share there so she doesn’t always have to</li> </ul>	<p><b>Follow KDHE FB and IG pages. Emily will share with this group when posts are made so they can be liked and shared by LA staff.</b></p> <p>If you have a page that you either own yourself, contribute content to, or just follow and</p>

	<p>come up with content on her own.</p> <ul style="list-style-type: none"> <li>- Polk County WIC page – great content</li> <li>- Mona has a FB page called “Breastfeeding Moms of Salina” that she uses for support</li> <li>- What’s a good way to share with the Kansas WIC to let them know when posts are made that they can like and share? Emily will think about that – don’t want to overload the entire mailing list to let them know each time a post is made. Maybe start with just notifying those in this group?</li> </ul>	<p><b>like the content – please share those with Emily so we can all be aware of good pages to follow!</b></p>
Communications	<p>Breastfeeding e-news - Would it be more useful to attempt to start up a separate newsletter again with higher level information? Or just incorporate a BF section in the WIC e-newsletter once that starts back up?</p> <ul style="list-style-type: none"> <li>- Bev used to send the separate newsletter to the local physicians</li> <li>- Erika liked the separate newsletter, but didn’t know it was there for a long time – so we need to make sure it’s promoted so people know how to access and that it’s even there</li> <li>- Cathy said that she would like to see it as a section of the WIC e-newsletter</li> <li>- No matter what we go with, keep it practical application topics</li> </ul>	<p><b>Emily will work with other SA staff and KDHE Communications to see what we are able to do before moving forward with either a separate newsletter or a section in the WIC e-newsletter.</b></p>
Comments from KBC Virtual Conference	<p>If you were able to attend the KBC conference in October, what did you think?</p> <ul style="list-style-type: none"> <li>- Didn’t have a chance to discuss, but Emily said that she thought it went well for the first time in a virtual platform, but did miss being able to meet people from across the state in person.</li> </ul>	
New Employee BF Training	<p>Update – not out yet. USDA has said “Winter 2021” as the latest anticipated release</p> <p>In the meantime, KBC has developed 2 online courses that can be taken in place of the previously offered Breastfeeding Basics and Beyond the Basics:</p> <ul style="list-style-type: none"> <li>- Breastfeeding 101: The Basics – 2/18/2021 – 8 am – 12 pm - \$45</li> <li>- Breastfeeding 201: Building on the Basics – 2/18 – 2/19/2021 – 1 pm – 5 pm both days - \$110</li> </ul>	<p><b>Will keep providing updates at each meeting.</b></p>
Milk Supply	<p>Since Milk Supply was the reason noted 43.89% of the time for BF babies introducing formula (from February – July 2019 for infants that were 1 year old and younger), we want to briefly discuss and/or share resources at each meeting.</p> <ul style="list-style-type: none"> <li>- Calling moms before they deliver and before growth spurts – let moms know what to expect – helps moms with their confidence <ul style="list-style-type: none"> <li>o Double check the sample texts to make sure there is enough “growth spurt” information</li> </ul> </li> <li>- Make sure to provide information that pumping/amount pumped is not good indicator of supply –</li> </ul>	<p><b>Will keep “Milk Supply” on agenda for short discussion/ sharing resources each meeting.</b></p>

	<ul style="list-style-type: none"> <li>○ Add this message to the Increasing Your Milk Supply handout</li> <li>- Had a discussion on whether the handout discussion earlier should be “Protecting Your Milk Supply” to be more of a resource that make sure moms don’t come into it thinking that they don’t have adequate supply in the first place? Protecting might be better for our use, but is it better to leave as Increasing to benefit moms that are afraid they aren’t making enough?</li> </ul>	
Committee Members & Terms	<p>Had several new members join today...”official” term starts in January.</p> <ul style="list-style-type: none"> <li>- We had a mess up last meeting in the regions we still needed representatives from, so do have some overlap now, but decided that’s not a bad thing!</li> <li>- We are still needing someone from the Southeast region though (Chautauqua, Cherokee, Crawford, Elk, Greenwood, Neosho, or Wilson)</li> <li>- Would be two year term (January 2021 – December 2022)</li> </ul>	
Future Meetings	<p>Please email Emily at <a href="mailto:emily.brinkman@ks.gov">emily.brinkman@ks.gov</a> if you would like to add anything to a future agenda.</p> <p>Based on responses about best times for the most people, the 2021 meeting dates were set as follows:</p> <ul style="list-style-type: none"> <li>• 3/31/2021 – 10:00-11:30</li> <li>• 6/30/2021 – 10:00-11:30</li> <li>• 9/29/2021 – 10:00-11:30</li> <li>• 12/15/2021 – 10:00-11:30</li> </ul>	<p><b>Send Emily days and times that might work best for you. She will develop a schedule for 2021 from your responses.</b></p>